



Maryland Squash With Governor's Honey

Winter squash is brimming with nutrients—just 1 cup has over a hundred percent of the Vitamin A you need in a day!—and it's also a simply delicious fall treat. In our roasted recipe, honey and squash are a natural pairing, given that squash blossoms are actually pollinated by honey bees! Plus, the honey really brings out the natural sweetness of the squash.



- ▶ **WASH** your hands with soap and water and dry them.
- ▶ **CLEAN** the counter top with a sponge.
- ▶ **GATHER** all your kitchen gear and ingredients and put them on the counter.
- ▶ **SCRUB** all the fruits and vegetables and lay them out on a dishtowel to dry.
- ▶ **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

KITCHEN GEAR

Cutting board
 Sharp knife (adult needed)
 Measuring spoons
 Baking sheet

INGREDIENTS

- 2 acorn squash
- 4 teaspoons olive oil or butter
- 4 teaspoons honey or maple syrup

INSTRUCTIONS

1. Turn the oven on and set it to 400 degrees.
2. Put the squash on the cutting board and use the knife to cut each one in half. (Squash are very hard to cut: this is a job for an adult.)
3. Use the tablespoon to scoop the seeds out and set them aside.
4. Put the squash halves on the baking sheet, cut side up. Put 1 teaspoon oil and 1 teaspoon honey in the hollow of each squash half.
5. Put the baking sheet in the oven and bake until the squash is browned and tender, about 45 minutes. Serve right away.

Safety Tip

Get an adult's permission, and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.



This year, fresh locally-harvested honey from the Government House garden, called "Governor's Gold," debuted at the Governor's "Buy Local" Cookout. Susan Langley, featured above, is the Government House beekeeper who tends to the bees and harvests the honey for the First Family and all Marylanders to enjoy.

Ha Ha!

Q: What did the squash need for its boo-boo?

A: A pumpkin patch.

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CALLING SOMEONE "HONEY" IS A SIGN OF AFFECTION. IT MEANS YOU THINK THEY'RE SWEET!

No aCorns? No Problem!

You could use other winter squash such as amercup, buttercup, carniva, delicata, golden nugget, or sweet dumpling.

BY THE NUMBERS:

There are almost **40** types of squash available in the United States.

It takes **85-125** days to grow a pumpkin from seed.

The World Record Pumpkin weighed **1810** pounds. If one 5-pound pumpkin makes 2 pies, how many pies could that colossal pumpkin make?

Squash was one of the "Three Sisters" planted by Native Americans. These were the three main native crop plants: maize (corn), beans, and squash. If you make soup from all three, you'll see how good they taste together too!

ACORN SQUASH



GOLDEN NUGGET SQUASH

You can roast the seeds of any winter squash just like you would pumpkin seeds! They make a delicious snack. Just rinse and dry them, then put them on a rimmed baking sheet, add a teaspoon of oil and half a teaspoon of salt for every cup of seeds, stir well, and roast them in a 325-degree oven for 30 minutes, stirring occasionally.

Did You Know?

A spoonful of honey could do more than soothe your spirits when you're sick: honey has been shown to have properties that might actually help fight germs.



European settlers brought honey bees over to the United States in the early 1600s.



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BY THE NUMBERS:

Honey bees must collect nectar from **2** million flowers to make a single pound of honey.

The population of a healthy hive is between **40,000** and **80,000** bees!

The average honey bee can fly **15** miles per hour.

